

# Advanced Thai Massage Workshops

**Thai herbal workshop, Fri, Sept. 30, 2022**

**Assessment, Breath and Body Mechanics - Sat/Sun, Oct. 1-2**

**London, UK - Guest Instructor: Bob Haddad**

## **Introduction to Thai medicinal herbs, balms, poultices and compresses**

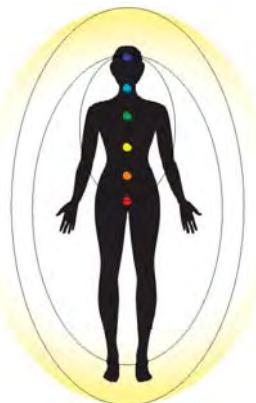
**Fri, Sept 30, 2022 - £120**

This workshop/presentation introduces the use of Thai herbs in healing arts. Techniques are demonstrated for using *luk pra kob* (herbal compresses) in traditional Thai massage, and we discuss the preparation and application of compresses, poultices, and home-made balms. Recipes are included for the compresses, balms and infusions, and together we mix the herbs for compresses, inhalation therapy and bath infusions, and we make balms with beeswax, carrier oils, and essential oils. We discuss and demonstrate handling of the steamer during a session; using cold compresses for sprains; and refining compression techniques and breathing patterns. Various techniques are demonstrated and studied, but the workshop is also experiential, allowing participants to refine and customize their herbal compress skills through on-site practice, question and answer periods, and direct teacher supervision.

## **Assessment, Breath & Body Mechanics in Thai Massage**

**Sat/Sun October 1-2, 2022 - £215**

This specialized workshop deals with advanced Thai massage techniques and concepts, and previous study and practice in Thai massage is required. During the course, various study and practice modules focus on each of the three main themes. These include: **Body Mechanics:** Basic movement and rocking patterns; Using your bodyweight to execute techniques; How to establish graceful flow from one technique to another **Assessment:** Using Thai element theory to help you determine the techniques you should use and the ones you should not use for each individual; Considering clients' body language; Exercises to improve your sensing abilities **Breath:** Breath awareness in daily life; Using breathwork to execute Thai massage techniques; Awareness of breath in clients; breathing exercises for therapists and clients



Each day there is discussion, demonstration and group practice. Both new and classic Thai techniques are reviewed and practiced with a focus on assessment, ergonomics and breath awareness. Each person gives and receives short sessions, and the teacher guides and encourages you to organically integrate the new concepts and techniques into your own Thai massage styles and sequences. This is a unique and challenging course that will help you to work on the mat in a more spiritual, effective and focused way. Register early by making a deposit for this exciting workshop.

**Presented by School of Thai Yoga Massage, London, UK**

Held at: Bickerton House - 25 Bickerton Road, N19 5JT

Register early by making a deposit online. Discount available if you take both courses.

**email: [info@thaiyogamassage.co.uk](mailto:info@thaiyogamassage.co.uk) web: [www.thaiyogamassage.co.uk](http://www.thaiyogamassage.co.uk)**



*Bob Haddad has studied traditional Thai massage in Thailand and elsewhere since 1999. He is the founder of Thai Healing Alliance, author of several books on Thai massage, and he teaches workshops internationally. For specific information or questions about this course, contact Bob at*

*[www.thaihealing-arts.com](http://www.thaihealing-arts.com)*

